

“SANDHYA” REALIZING CONJUNCTIONS OF LIFE

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“*Sandhya*” is most perceivable conjunction of life. In Indian tradition there are three conjunctions *Brahma Muhurta*, *Madhyanya*, and *Sayan Sandhya*. All these are *Sandhyas*, and a *Dwija* does *Gayatri* at this hour to appease the eternal light. These *Sandhyas* are major punctuations of a day that celebrates the light outside and connect the light inside. These conjunctions create a particular light temperature, this time evoke a different frequency of sound and silence and finally this is the time when mind, thought, action travels dynamically. To welcome these conjunctions or *Sandhya* one do bathing for physical preparedness, ritualistically each of the offering fingers and *Brahmatalu* or the center of the head is bathed with sprinkling of water. Again Ganga water is sprinkled to the eight sides where we sit on *ashan* to appease *Ashta Dik Pala*. This ritual itself is a conjunction of the self and the supreme self.

Similarly, in music tradition every hour is worked out as *GHATIKA*, which are again a conjunction of time. And *RAAGS* are sung or musically played to blend the space between two *GHATIKAS* to

enthuse an atmosphere of different kind keeping the given element of silence atmosphere, which is scientific.

Our life itself is a “Conjunction” of time that work on given space to derive a special definition. Our mortal life is a conjunction of our past birth and future birth and Karma. “IN THE NOW” is the *Sandhya* where *Dharma, Moksha, Kama, Lobha* loom large according to our choice or accidental intentions. The four *Varna Ashrams* - *Brahmacharya, Grihastha, Vanashram and Sanyas* are the olden concept of conjunctions.

These conjunctions are no mere punctuations but a point of entry from one start to exist from the other. Life philosophy is driven by this conjunction provided we understand them and apply ourselves to the conjunction to bathe anew and adapt to the new.

In astronomy and astrology, we are governed by some *Mahadasha* of some planets and with multiple *Dasha* within it. This concept of “State” of *Dasha* under the influence of certain planet and stars our actions are determined. Now the period of “Cusping” is nothing but the *Sandhya* or conjunction where one kind of influence gets diffused to give a space for other kind of influence. These conjunctions go towards

changing of 'stones' and even rituals to optimize the benefic influence and it starts with "Conjunctions"

In our life there are multiple dynamics of "*Sandhya*" but we do not realize them. In life, birth of a child, *Upanayan* or *Janeiyu* (for male child), the marriage and deaths are conjunctions yet within that there are millions of conjunctions that scale our life pattern. These conjunctions just pass by us and we do not realize so we do not celebrate those "conjunctions".

An onset of illness, reeling under its pain and curing of the same has its own "*Sandhya*" that teaches us many things. If we become conscious of these "conjunctions", our life becomes different. It goes with pleasure where there are many subtle conjunctions before becoming the mundane again. Life is walking up the hills and passing by the valleys, which has its own conjunctions.

Even the food we take, within that there are many conjunctions. Appetizers we take to enhance our hunger then the main food is the conjunction then appetite is smoothened with desserts. Thus conjunctions are always at play provided we understand them. These conjunctions are in "good time" so in "bad times" again there are *Sandhyas* within it.

Philosophically speaking, I recall a proverb, “*Jab jagey tab savera*”. If it means whenever we realize something, that time is a “*Sandhya*” be that predestined or a concept accidentally realized. Let us re-understand the *Sandhya* to take our mind further.

Sandhya is a unique point where change can be perceived.

Awakening or realization itself is a conjunction.

Natural “*Sandhya*” determines the “Conjunction of life” if we care to realize that.

Dynamic frontiers each “*Sandhya*” shows if we apply ourselves fully to relish it.

Hours passed by had taught you, so become conscious of the coming hour.

Yield to time with inner piousness to maneuver

Answers of all quest lies in “*Sandhya*” so do self-cleansing for receiving it.

Thus we find *Sandhya* is the time for “Cleansing the Self”, which ordains our future. Listen to the sound and silence at every *Sandhya* to realize your wisdom works parallel with universal wisdom and surely take us to the space where *Sandhya* will wither and we would merge with eternal twilight of bliss – the cosmic *Sandhya*.